**Chilli Recipe (3)**

**Serves 4**

**Equipment**

* A large saucepan
* A colander
* A wooden spoon
* A teaspoon
* A measuring jug

**Ingredients**

* 2 tablespoons of vegetable oil
* 1 large white onion, chopped
* 500 g (1lb 2oz) lean minced beef
* 1 teaspoon of garlic puree
* 1 teaspoon coriander
* 1 teaspoon cumin
* ½ teaspoon of chilli flakes
* 1 teaspoon mild chilli powder
* 1 teaspoon of coffee
* 1 can (300g) of sliced carrots
* 1 beef stock cube
* 300 ml (½pt) water
* 1 can (400g) of chopped tomatoes
* 1 can (400g) of black beans

**Method**

1. Heat 2 teaspoons oil in a saucepan and sauté 1 large white chopped onion until it just begins to soften. Cook for 1 minute.
2. Add 500g of mince and cook over a high heat until browned, breaking up with the side of a spoon as it cooks.
3. Once the meat is browned all over, add 1 teaspoon of garlic puree, 1 teaspoon of coriander, 1 teaspoon of cumin, ½ a teaspoon of chilli flakes, 1 teaspoon of mild chilli powder and 1 teaspoon of coffee. Mix well, then add the can of sliced carrots. Crumble in the stock cube and add the 300ml (½pt) water and a can of chopped tomatoes.
4. Bring to the boil. Reduce the heat and simmer uncovered for 30 minutes or until the mixture has thickened slightly.
5. Taste the chilli and adjust the seasoning as required. Rinse and drain the can of black beans in the colander, add to the pan and cook for another 10 minutes until the beans are piping hot.
6. Serve with rice.